



# THE POWER OF CONNECTION FOR YOUR PHYSICAL HEALTH

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P.H.D.

The physical risks of loneliness are real, come learn the science behind why connection is so important.

## ASPECTS OF A RELATIONSHIP

### STRUCTURAL ASPECT:

Having people in your life

### RELATIONSHIP FUNCTIONS:

Having people you can count on

### QUALITY:

Meaningful, satisfying & positive relationships

“We need to take our relationships just as seriously.”

### LONELINESS:

#### RISK OF EARLIER DEATH

26% ↑

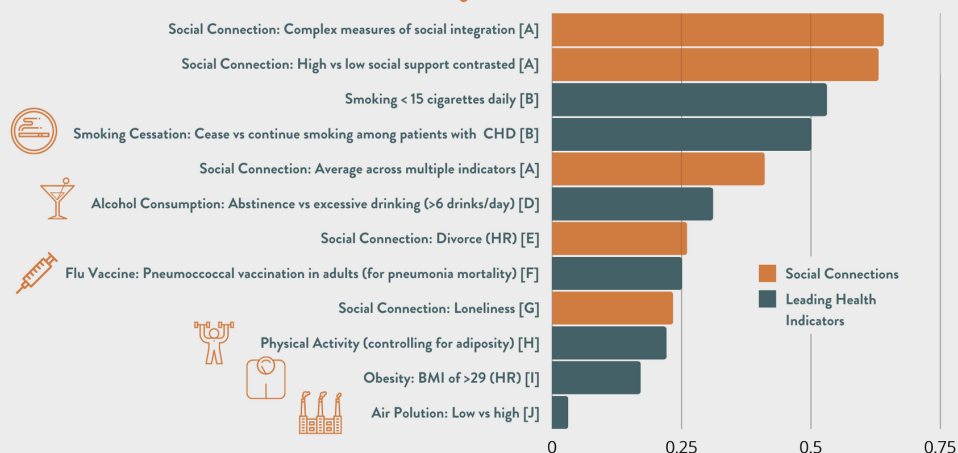
### SOCIAL ISOLATION:

29% ↑

### LIVING ALONE:

32% ↑

## Social Connections have a *Profound* Effect on Risk for Mortality



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THE NATIONAL ACADEMY OF SCIENCE REPORT ON SOCIAL ISOLATION AND LONELINESS

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